

Food Safety Overview

FOOD-BORNE PATHOGENS

- Bacteria and viruses cause most food-borne illnesses
- Factors affecting pathogen growth:
 - Food (high in protein)
 - Acidity
 - Time
 - Temperature (41°F - 135°F)
 - Oxygen
 - Moisture (water activity level)
- Time-temperature control for safety (TCS) foods, aka potentially hazardous foods (PHF): moist, protein-rich foods that when temperatures are suitable can support pathogen growth
- Pathogens can live but usually not reproduce on non-hazardous foods such as crackers

SYMPTOMS OF FOOD-BORNE ILLNESS

Vomiting
Diarrhea
Fever and sore throat
Jaundice (Hepatitis A)
Lesion/infected wound

DO NOT HANDLE FOOD, CLEAN EQUIPMENT, OR CLEAN UTENSILS IF YOU HAVE ANY SYMPTOMS OR A CONFIRMED FOODBORNE ILLNESS

PREVENTING CROSS CONTAMINATION

GOOD HYGIENE PRACTICES

- **Wear clean clothing and hair restraints**
- **Do not wipe hands on cloth towels, aprons or clothes**
- **Keep fingernails trimmed, neat and clean**
- **Keep personal food and drinks covered and in areas where food and clean equipment will not be contaminated**
- Use different cutting boards for raw meats, cooked meats, and vegetables
- Store foods according to required safe cooking temperatures: ready-to-eat (RTE) foods on top (vegetables, fruits, fully cooked food), then seafood, steak, pork chops, ground meats, and stuffed meats and poultry on bottom
- All RTE foods should be marked with the date and time and discarded after 7 days from the date of preparation.
- Rotate stored food products so the oldest food is used first.
- Swollen/bulged and severely dented cans should be discarded.
- **NO bare hand contact with ready-to-eat foods!** Use deli tissue, single-use gloves, spatulas, forks, tongs, etc.

